



**MENTAL
HEALTH
FIRST AID®**

World-Class Training
High Impact-Low Cost



Adult Mental Health First Aid

Nearly 1 in 5 U.S. adults lives with a mental illness.*

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in adults and youth.

This session teaches the skills needed to identify adults and youth who are developing a mental health problem or experiencing a mental health crisis.

It then teaches you how to connect them to appropriate care.



Who should take Mental Health First Aid?

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Teachers

What the course covers:

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.

The course will teach you how to apply the ALGEE action plan:

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

There are three ways to learn:

- Virtual—self-paced on-line course and instructor lead video conference
- Blended—self-paced on-line course and in person instructor lead class
- In person: Instructor lead in person course.

**National Institute of Mental Health*

Course information source: Mental Health First Aid, managed by the National Council for Behavioral Health and Missouri Department of Mental Health



Youth Mental Health First Aid

1 in 5 teens and young adults lives with a mental health condition. Half of all mental illness begins by age 14.*

Youth Mental Health First Aid teaches adults how to identify, understand, and respond to signs of mental illness and substance use disorders in youth. This training gives adults who work with youth the skills they need to reach out and provide initial support to young people ages 12-18 who may be developing a mental health or substance use problem and help connect them to the appropriate care.



Who should take Youth Mental Health First Aid?

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- Anyone working with young people

What the course covers:

- Common signs and symptoms of mental illness among young people, including anxiety, depression, ADHD, eating disorders
- Common signs and symptoms of substance use
- The Impact of social media and bullying
- How to interact with a young person in crisis
- How to connect the person with help

The course will teach you how to apply the ALGEE action plan:

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

There are three ways to learn:

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- Blended—self-paced on-line course and in person instructor lead class
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**National Alliance for Mental Illness, World Health Organization*